

TEMHCO















Top End Mental Health  
Consumers Organisation

# What's on @ TEMHCO

c/- The Salvation Army Woodroffe  
86 Woodroffe Ave Woodroffe

Web: <https://www.temhco.com.au>  
Email: [temhco.exec@temhco.com.au](mailto:temhco.exec@temhco.com.au)  
Phone: 0429 082 781  
9:00 am to 2:30 pm

NOVEMBER 2019

M	T	W	T	F
 <p>Art Therapy with Claudia 9:30 am to 11:30 am</p>  <p>Massage with Betty 9:30 am to 11:30 am</p>  <p>Meditation Classes with Tammy 1:00 pm to 2:00 pm Except 18<sup>th</sup> - held 20<sup>th</sup> <b>AGM 18<sup>th</sup> Nov-12:30 pm</b></p>	 <p>BBQ lunch 12:00 pm</p> <p><b>INFORMATION SESSION</b></p> <p><i>This space free for service providers to come in to share what they do with our consumers</i></p>  <p>Men's Grooming Session with Rose 9:30 am to 11:30 am <b>12th November 2019</b></p>	 <p>Sewing &amp; Craft Classes 9:30 am to 11:30 am</p> <p>Or</p>  <p>Go fishing! (be at centre by 9:00am)</p>  <p>9:30 am to 11:30 am <b>6th &amp; 20th Nov 2019</b> Ladies Pamper Session with Rose</p>	<p><b>Outdoor Activities</b></p>  <p><b>Grow</b></p> <p>Somerville Centre, Gray 10:00 am to 12:00 pm Lunch and Shopping Venue TBA each week</p> <p>Or</p> <p>Visit other Drop-in Centres, Shopping, etc. - can vary each week</p> <p>09:00 am to 3:00 pm</p>  <p><b>Movie Time!</b> 14<sup>th</sup> &amp; 28<sup>th</sup> Nov 2019 (please call day before book in)</p> <p><b>TEMHCO DROP-IN CENTRE CLOSED</b></p>	 <p>Music Therapy Classes with Crystal Robins 10:00 am to 12:00 pm</p>  <p>Reflexology <b>29<sup>th</sup> November 2019</b></p> <p><b>All afternoons</b> Computer Sessions or Board Game Activities (12:30pm to 2:30pm excluding Mondays and Thursdays)</p> <p><b>Join in any day!</b> Community Gardening (except Thursdays)</p>